

e-Currents

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Meet London

Rayvin, London's mother, had a very healthy pregnancy and a smooth delivery. All seemed good with London until she was about five months old. As a concerned mother, Rayvin took London to their pediatrician, where she was told London had some abnormal tightness in her body. London started receiving treatment at a private therapy institution to treat the tightness, but was on the hunt for a place that specialized in children. "We live in Hyde Park, and everyone in the community knew about La Rabida," shares Rayvin. "When we came to the hospital for the first time, we instantly fell in love."

Upon arriving to La Rabida, London was diagnosed with cerebral palsy. "The cerebral palsy impacts London's muscles, which ultimately affects her overall mobility," says Rayvin. "Although her condition takes a tremendous toll on her physical abilities, she is so full of life and personality."



London, now ten years old, has been a patient here at La Rabida since 2012. Through regular physical and occupational therapy, London is getting stronger every day. "We saw improvements right off the bat," shares Rayvin. "Her stomach muscles are getting stronger and her speech has gotten much better due to the strengthening of her trunk muscles." Because of the stiffness in her arms and hands, London previously struggled to hold a pencil, making it nearly impossible to learn how to write. With the help of her therapists and her strong will, London garnered the strength to grasp a pencil and is now able to write her name, trace, and color all on her own.

Thanks to La Rabida, London also discovered one of her favorite activities – swimming. It all started with the aquatic therapy that took place here at the hospital. "Taking therapy into the pool has been amazing," says Rayvin. "Because London has a disability that impacts her mobility, she is limited on the things she can do. Giving her the opportunity to take therapy in the pool has been a game changer and has given her a sense of independence." With the help of a specialized life vest courtesy of our Pay It Forward program, London can now move freely throughout the pool. Swimming, while fun, also forces London to engage all of her muscles, making them stronger in the long run. "We have seen such growth in the pool," shares Rayvin.

Because of the consistent physical and occupational therapy, London is getting stronger every single day. "I've never felt so close to a team of doctors or therapists than I have at La Rabida," shares Rayvin. "La Rabida is the foundation of all of London's progress."

Recognizing Sickle Cell Awareness Month this September



At La Rabida, we specialize in treating a number of chronic illnesses in children. One of our core areas of expertise is treating sickle cell disease. As the largest pediatric sickle cell program in the Chicago area, we take a comprehensive approach to the continuous and preventative treatment of the condition. This September, we are recognizing National Sickle Cell Awareness Month.

Affecting nearly 100,000 Americans, sickle cell disease is a genetic disorder that affects the hemoglobin, the molecule in red blood cells that delivers oxygen to the body. Those with sickle cell disease have blood cells that were formed in a curved, sickle shape. These sickle shaped cells have difficulty passing through small blood vessels and block blood flow. This can result in things like pain crises and anemia.

While there is no universal cure, sickle cell can be effectively managed through expert medical care to reduce the risks and complications associated with the condition. At La Rabida, we utilize a number of disease management strategies, genetic counseling, and family education to create custom treatment plans that meet each child's needs. Treatment for sickle cell can include medication, blood transfusions, and stem cell transplants.

La Rabida's sickle cell team is comprised of a pediatric board-certified hematologist (a doctor who specializes in diseases of the blood), pediatric nurse practitioner, child psychologist, licensed social worker, and registered nurse. At La Rabida, we have made it our mission to provide continuous, specialized care that will maximize each child's quality of life.

"I think that all our patients who are living with this devastating disease, who endure the pain and multi-organ complications and yet go through life with a smile on their face are our success stories," shares Dr. Radhika Peddinti, La Rabida's pediatric hematologist.

Making Strides to Put an End to Bullying

The back-to-school season is in full swing, and La Rabida's behavioral health department has been working to educate patients and their families about the impact of bullying. Led by staff therapist, Teresa Bernard, the weekly group sessions worked to teach kids about skills and strategies to combat bullying and heighten self-esteem while educating and empowering parents and caregivers on anti-bullying policies and procedures.



Through the workshop series, Teresa taught patients and families emotional regulation, coping strategies, self-awareness, and skills to heighten self-esteem. Teresa educated patients on what bullying is, reviewed strategies to be proactive when there is bullying, focused on the patient's positive qualities and characteristics, and practiced mindfulness and relaxation techniques that can be utilized at school and at home.

Teresa developed these workshops with the intention of helping children garner the strategies needed to empower and strengthen their ability to become allies and to stand up bullies, no matter who they may be. Each session aimed to increase awareness about bullying, how to support their needs, and how children can support others when they are witnesses of bullying. Through discussions, role plays, activities, presentations, and social interaction, children have heightened their ability to share their experiences and become allies to stand up to bullies in all areas of their lives.

Invest in the Future of La Rabida

At La Rabida, we understand the needs of children who are living with a variety of complex medical conditions. With a team comprised of the best healthcare providers in Chicago, we provide ongoing, comprehensive care, education and support, and support to families as they face their challenging circumstances head on. One way to provide everlasting support to our hospital and its mission is to leave a gift in your will. Your contribution is an investment in the future of our families and will leave a lasting impact on La Rabida.

If you are interested in learning more, please contact Beth Lye (773) 256-5718 for more information.

Cocktails and Conversations with CVS Health

This month, La Rabida Trustee, Bruce MacRae, and our friends at CVS Health hosted Cocktails and Conversations, an event dedicated to celebrating the work of La Rabida Children's Hospital and the generous donors who make our mission possible. With nearly 50 in attendance, guests had the opportunity to learn about the intricacies of La Rabida and what makes our footprint so unique.



The meaningful evening included conversations with La Rabida CEO, Brenda Wolf, and Chief Medical Officer, Dr. David Soglin, about the lasting impact of the hospital's work. While touring the hospital, attendees learned about the innovations happening here at La Rabida while having the opportunity to see the facilities where they take place.

The event also doubled as a book drive for the children and families of La Rabida. Attendees each brought a book of their choice to contribute to our literacy program.

Thank you to CVS Health, Trustee Bruce MacRae, and each La Rabida supporter who attended Cocktails and Conversations!

La Rabida's Patient Centered Medical Home Recognized by EverThrive Illinois



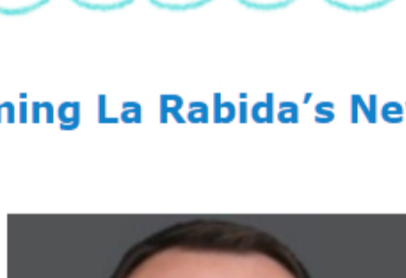
Congratulations to La Rabida's very own Patient Centered Medical Home (PCMH) team as they have been presented with the Garry Gardner Health Care Provider Award from EverThrive Illinois!

EverThrive Illinois is an organization that works to improve the health of women, children, and families by advocating for child and adolescent health, immunizations, and health reform.

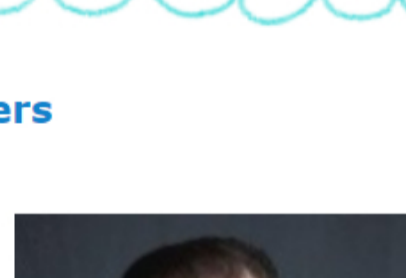
La Rabida's PCMH team delivers comprehensive care that is family centered and holistically addresses each child's needs. As a program with NCQA recognition, our Patient Centered Medical Home program provides primary care to infants and children with developmental delays and medically complex conditions. The program works to ensure that children with special health care needs are receiving the services needed to improve and maximize nutritional status, receiving appropriate developmental and educational services, are up to date with immunizations, and provided coordinated care. Our care team helps families set immediate and future goals for their child's care by offering specialized primary care programs tailored to the specific needs of children with complex medical conditions.

The Garry Gardner Health Care Provider Award was awarded to the Patient Centered Medical Home team as a reflection of their commitment to advocating for the health of children and families in Illinois. Thank you to EverThrive Illinois for honoring our staff!

Welcoming La Rabida's Newest Board Members



We are thrilled to welcome Ryan Lawrence, Deputy General Counsel, Corporate at Cushman & Wakefield, back to La Rabida's Board of Trustees. Serving on La Rabida's Board from March 2016 to August 2017, Ryan stepped away as he moved to Florida to serve as the Associate Vice President, Assistant General Counsel at Royal Caribbean Cruises. We are excited to welcome Ryan back to Chicago and look forward to having him join the La Rabida community once again.



La Rabida also welcomes Bill Cordes, President and CEO of Beverly Bank and Trust, to our Board of Trustees. Beverly Bank and Trust is a Wintrust Community Bank with a mission to restore true neighborhood banking. With nearly a decade of experience at Beverly Bank and Trust, Cordes' background in finance will be of great value to the hospital.

SAVE THE DATE: 2019 Friends of La Rabida Awards Celebration

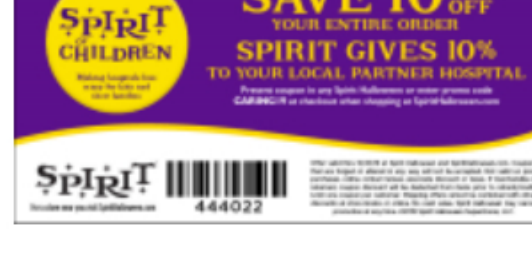
The 2019 Friends of La Rabida Awards Celebration is around the corner! This year's gala will take place November 21st at the Ritz-Carlton, Chicago.

This evening offers the opportunity to hear about the hospital's vital work while recognizing two wonderful and dedicated partners: Randy Markowitz, Partner, FGMK for his Lifetime of Service and Lisa Rolfe Burik, Owner, Frankie's on the Park with her Community Support. Randy is a long time La Rabida Trustee who, in addition to his valuable work on the Board, spearheads his company's annual toy drive for the children of La Rabida. For the past 12 years, Lisa has organized the popular "Dress Event" where her company donates dresses brightening the holidays of young girls at La Rabida.

Join us for an evening which honors and celebrates those who help carry out La Rabida's mission to provide quality, specialized care to children living with lifelong, medically complex conditions. Proceeds from the gala will benefit the children and families we serve.

Please visit larabida.org/la-rabida-gala to learn more about registration and sponsorship opportunities.

Get up for Halloween while Supporting La Rabida



During the upcoming Halloween season, we are excited to be partnering with Spirit of Children once again. Spirit of Children is an organization dedicated to making hospitals less scary for children and their families by supporting the Child Life departments of children's hospitals in their community.

In 2018, Spirit of Children raised over \$55,000 for La Rabida's Child Life department. Their thoughtful contribution helped to enhance the stay of young patients and their families while also supporting the Child Life team.

Spirit Halloween Superstores are offering a 10% off coupon between now and Halloween. The 10% you saved will be donated back to La Rabida's Child Life department. This offer is also available online. To redeem, use promo code DONATE19 at check out.